

Common Spinal Misalignments & How Chiropractic Treatment Helps

Your spine is more than just a stack of bones. It's the central pillar that supports your body, protects your nervous system, and enables fluid movement. When this delicate structure falls out of alignment—a condition chiropractors call a **subluxation**—it can cause a cascade of issues far beyond simple back pain.

At **Human Mechanic Clinic** in Pune, **Dr. Pravin Patil** approaches the body as a sophisticated, interconnected system. As a leading **chiropractor in hadapsar, Pune**, his philosophy is simple: correct the root cause of spinal misalignments, and the body can heal itself. Let's explore the common misalignments he treats and how specialized chiropractic adjustments provide lasting relief.

Common Spinal Misalignments: More Than Just “Bad Posture”

Spinal misalignments can occur due to trauma, poor posture, repetitive stress, or even emotional stress. Here are the most frequent culprits:

1. Cervical Subluxations (Neck)

- Cause: Prolonged desk work, “text neck,” whiplash from accidents, poor sleeping posture.
- Symptoms: **Neck pain** and stiffness, headaches, migraines, tingling in arms, dizziness, and reduced range of motion.

2. Thoracic Subluxations (Mid-Back)

- Cause: Slouching, prolonged sitting, improper lifting techniques.
- Symptoms: Mid-back pain, rib pain, breathing difficulties, rounded shoulders, and referred pain to the chest or arms.

3. Lumbar Subluxations (Lower Back)

- Cause: Heavy lifting, sudden twisting motions, obesity, sedentary lifestyle.
- Symptoms: **Lower back pain** (acute or chronic), **sciatica** (shooting pain down the leg), hip pain, and restricted movement.

4. Pelvic Subluxations / SI Joint Dysfunction

- Cause: Leg length discrepancy, pregnancy, falls, uneven gait.
- Symptoms: Sharp pain in the buttocks or lower back, pain radiating to the groin, hip pain, and a feeling of leg instability.

How Chiropractic Treatment Helps?

1. Comprehensive Assessment: Using posture analysis, gait analysis, and palpation to identify the exact vertebrae and joints that are misaligned.
2. Precision Adjustments: Applying controlled, gentle force to the specific subluxated joint. This restores proper motion and alignment, relieving pressure on nerves, discs, and surrounding tissues.
3. Beyond the Adjustment: Treatment often includes:
 - Soft Tissue Therapy: To relax tight muscles.
 - Corrective Exercises: To strengthen supporting muscles.
 - Postural & Ergonomic Advice: To prevent recurrence.

The Result? When your spine is correctly aligned:

- Nerve Function Improves: Communication between your brain and body is optimized.
- Pain Naturally Subsides: As inflammation and pressure decrease.
- Mobility is Restored: You can move freely without stiffness.
- Overall Health Enhances: Many patients report better sleep, digestion, energy, and immune function.

Why Choose Dr. Pravin Patil for Chiropractic Treatment in Pune

Choosing the right chiropractor is crucial. **Dr. Pravin Patil** stands out as the **best chiropractor in Pune** for his:

- Expertise & Precision: His deep understanding of biomechanics earns him the title “Human Mechanic.”
- Patient-Centric Care: Each treatment plan is tailored to individual needs and health goals.
- Holistic Focus: He addresses the cause, not just masks the symptoms, promoting long-term wellness.
- Proven Results: Countless patients in Pune have regained their pain-free life and vitality under his care.

If you're experiencing pain, numbness, or simply feel “out of alignment,” it's your body signaling for help.

Visit [Human Mechanic Clinic](#): Your path to a healthier, aligned spine begins here.

Consult with [Dr. Pravin Patil](#) – Pune's trusted chiropractor for spinal health and holistic recovery.

FAQs: Your Quick Guide to Spinal Health

1. What is the most common spinal misalignment?

The most common is a lumbar (lower back) subluxation, often caused by poor posture, prolonged sitting, or improper lifting, leading to pain and sciatica.

2. Can a chiropractor fix a misaligned spine?

Yes. A skilled chiropractor uses precise spinal adjustments to correct misalignments (subluxations), restore joint function, and alleviate nerve pressure.

3. How do I know if my spine is misaligned?

Common signs include chronic back/neck pain, stiffness, uneven shoulder/hip height, frequent headaches, tingling in limbs, and reduced mobility.

4. How long does it take a chiropractor to realign your spine?

The timeline varies based on severity and duration of the issue. Some feel relief after 1-2 sessions, while chronic conditions may require a longer corrective care plan for lasting results.

5. Who is the best chiropractor for spinal alignment in Pune?

[Dr. Pravin Patil](#) at [Human Mechanic Clinic](#) is widely regarded as the best chiropractor in Pune for his expert, precise, and holistic approach to spinal correction and overall musculoskeletal health.

